



## HEALTHY TRIVIA TIME!

1. What's the most frequent cancer in men?
2. What does "CPR" stand for?
3. What, along with ♥ disease and cancer, accounts for 64% of U.S. deaths?
4. What's the *medical term* for low blood sugar?



1. Prostate cancer; 2. Cardiopulmonary resuscitation; 3. Stroke; 4. Hypoglycemia



**When is the next on-site blood draw for employees who have the City's health insurance?**



\*July 26th-31st

\*Time & Locations TBA

**Watch for more information!**

## April Safety Answer:



**Nationally, what percentage of those killed in work zones are workers?**

*Workers around traffic, such as police, fire, & public service employees.*

A. 12

B. 82

C. 15

D. 78



**Look both ways before crossing the road, watch for cars & pedestrians!**

**Remember...Healthy Employees are Safer Employees!**

# APRIL 2012(II)

## Bi-Weekly Stall Talk

Question & Answer Issue



?????.....

How much does it cost each time I see a doctor for **any** health condition (the flu or a follow-up appointment for a diagnosed condition)?

**Answer.....**

\$35.00 each time. Your doctor needs to be part of the City's network and this charge is *not* subject to the deductible.



**Take charge of YOUR health!**



**Topic:**

**BREAST CANCER**



**Q. What are advantages & limitations of mammograms?**

**A.** Mammograms are X-Rays of the breast & can detect cancer in early stages. Regular mammograms don't cancel the fact you could get cancer. Breast exams by your doctor are also important during routine physical checkups.

**Mammograms save lives!**

**CNIC covers preventative mammograms 100%. Prevention & early detection is the key to a long life.**